

HEAT ALERT

HEALTH TIPS FOR HOT WEATHER

The Baltimore City Health Department recommends that city residents:

- Drink plenty of water or juice
- Avoid alcohol and caffeine
- Wipe skin with cool water
- Reduce outside activities
- Wear light weight/light colored clothing
- Stay inside during the hottest time of day
- Seek relief from the heat in air-conditioned locations

CODE RED



Watch out for signs of heat exhaustion and heat stroke:

- Nausea and light-headedness
- Confusion or behavior changes
- High body temperature with cool and clammy skin
- Call your doctor or 911 if any of these symptoms occur

Be a good neighbor! Check in on older, sick, or frail people in your community who may need help responding to the heat.

City residents who want information on cooling centers open on Code Red days can call 311. Anyone experiencing the signs of heat exhaustion or heat stroke should call 911.